



ULTRA SPORTS SCIENCE

Regulation of body temperature

For race organizers, it is a question of respecting clear objectives:

- Regular weather monitoring
- Inform the participants of the list of equipment adapted to their environment (watch the educational film in heat wave period)
- Put in place in the race regulations the essential and compulsory equipment
- Have one or more mobile hot spots
- Have equipment to warm a runner: heating mattress, blue pocket to heat (microwave or water hot), hot water and drink.
- Having one or more points to cool is compulsory: ice, fresh water, fan, see an air conditioner

Mandatory: a weather routing module, define alternative routes, determine the best route based on weather conditions.

For this it is necessary to medicalize and set up:

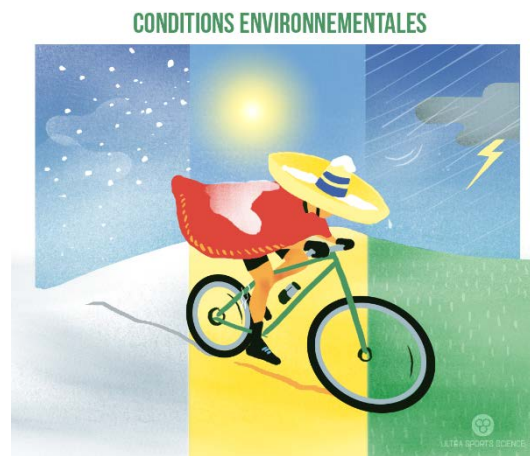
- A good distribution of the first aid teams on the race to carry out first aid and inform the accident site medical team.
- Very good mobility of the emergency medical team with vehicles adapted to the terrain (motorbike, quad, etc.) to administer vital first aid on site.
- Having medical transfer vehicles.
- To have appropriate means of communication for the organization of relief for the various responders (organizers, rescuers, medical teams, hospital services, etc.)
- Have "Hypothermia" and "hyperthermia" protocols for one or more cases

It is therefore essential for race organizers depending on the terrain and the location of the event to prevent for the management of hyper and hypothermia in their overall health coverage of their event

HIGHLY RECOMMENDED FOR ALL:

Having first aid training is an essential recommendation

Know how to warn the emergency services.



J'anticipe et me prépare aux conditions environnementales extrêmes lors de l'exercice.